FSCJ
Florida State College at Jacksonville

Mental Health & Well-Being: Help Is Available

You are not alone. Help is available.

Having a difficult time? Feeling overwhelmed? Concerned about a friend?

Need help right now?

Immediate danger or medical emergency?
Call 911 or go to the nearest emergency department.



Suicide & Crisis Lifeline

Free, confidential support available 24/7.

Call or Text 988



Crisis Text Line

Reach a live volunteer crisis counselor. Free, confidential support available 24/7.

Text HOME or HOLA to 741741



College Well-Being Support and Resources

Student Support Services



Concerned about a Student or Community Member?

Submit a Threat Management Report



Employee Assistance Program (EAP)

Confidential support for employees and eligible family members.

877-240-6863 (toll-free)



Student Assistance Program (SAP)

Confidential support for students facing relationship or family issues, financial difficulties, legal problems, alcohol and drug use and mental health services.

855-384-1800 (toll-free)